



International Research in Science and Soccer

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International Research in Science and Soccer showcases the very latest research into the world's most widely played sport. With contributions from world-leading researchers and practitioners working at every level of the game, from grass roots to elite level, the book covers every key aspect of preparation and performance, including:

- contemporary issues in soccer coaching
- psychological preparation and development of players
- physical preparation and development of players
- nutrition and recovery
- talent identification and development
- strength and conditioning in soccer
- injury prevention and rehabilitation
- soccer academies.

Sports scientists, trainers, coaches, physiotherapists, medical doctors, psychologists, educational officers and professionals working in soccer will find this in-depth, comprehensive volume an essential and up-to-date resource.

The papers contained within this volume were first presented at The First World Congress on Science and Soccer, held in May 2008 in Liverpool, UK. The meeting was held under the auspices of the World Commission of Science and Sports.

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